

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the Application:

**Listing of Claims:**

1. (Canceled)
2. (Currently Amended) The locking device as claimed in claim [[1]] Z, wherein the spring is provided as a single part.
3. (Currently Amended) The locking device as claimed in claim [[1]] Z, wherein the spring extends in an elongate manner essentially between the retaining rods.
4. (Currently Amended) The locking device as claimed in claim [[1]] Z, wherein the spring comprises at least one central part and end parts.
5. (Currently Amended) The locking device as claimed in claim [[1]] Z, wherein the spring is movable to a release position, where the spring disengages the recesses in a direction perpendicular to a direction of movement of the sliding element.
6. (Currently Amended) The locking device as claimed in claim 5, ~~further comprising a sliding element which can be set at least in a first position and in a second position, the spring interacting with the sliding element so that, when the sliding element is set into the first position, the spring is in the locking position and when the sliding element is set into the second position, the spring is the release position~~ wherein the sliding element is movable in a lateral direction relative to the support member when moving between the first position and the second position.

7. (Currently Amended) ~~The locking device as claimed in claim 6;~~ A locking device, comprising:

a support part;

a spring coupled to the support part and movable into at least one locking position and a release position;

at least two retaining rods having a plurality of recesses movably coupled to the support part, the spring interacting with the recesses so that movement of the spring into the locking position causes the support part to be locked relative to the retaining rods and movement of the spring into the release position causes the spring to disengage the recesses; and

a sliding element which can be set at least in a first position and in a second position, the spring interacting with the sliding element so that, when the sliding element is set into the first position, the spring is in the locking position and when the sliding element is set into the second position, the spring is the release position,

wherein the spring is provided in such a manner that locking of the retaining rods can be brought about by at least one of fixing a central region of the spring and applying a force on the central region of the spring,

wherein the sliding element has a plurality of projections, and the spring comprises a plurality of actuating regions, so that a movement of the sliding element parallel to a plane defined by the retaining rods results in a movement of the actuating regions which is essentially vertical thereto.

8. (Previously Presented) The locking device as claimed in claim 7, wherein the spring is elastically deformed by the movement of the actuating regions.

9. (Previously Presented) The locking device as claimed in claim 7, wherein the actuating regions comprise a wedge-like design.

10. (Previously Presented) The locking device as claimed in claim 7, wherein the support part comprises a bearing point configured to prevent movement of the central region of the spring during the movement of the actuating regions.

11. (Previously Presented) The locking device as claimed in Claim 1, further comprising a headrest coupled to the retaining rods.

12. (Previously Presented) The locking device as claimed in claim 11, wherein the headrest interacts with the retaining rods in an essentially vertically oriented manner, so that the headrest is height-adjustable.

13. (Currently Amended) The locking device of claim [[6]] 7, wherein the sliding member is biased by a restoring spring.

14. (Currently Amended) A headrest for a vehicle, comprising:  
a support part comprising a frame and a pair of guides, the support part attachable to a seat frame;

a pair of retaining rods having a plurality of recesses and slidably interacting with the guides;

an elongated spring interacting with the retaining rods and movable between a release position disengaged from the recesses and a locking position engaged with one of the recesses on the retaining rods; and

a sliding element movable between a first position in which the spring is in a locked position to prevent movement of the retaining rods relative to the support part, and a second position in which the spring is in the released position to permit movement of the retaining rods relative to the support part,

wherein the spring moves in a direction perpendicular to a direction of movement of the sliding element.

15. (Previously Presented) The headrest of claim 14, wherein the spring comprises a pair of actuating regions configured to engage the recesses of the retaining rods.

16. (Previously Presented) The headrest of claim 14, wherein the sliding element moves the spring member in a plane substantially perpendicular to the retaining rods.

17. (Previously Presented) The headrest of claim 14, wherein the support part further comprises a bearing point configured to prevent movement of a center region of the spring and the sliding element is operable to move ends of the spring.

18. (New) The headrest of claim 14, wherein the sliding element is movable in a lateral direction relative to the support member when moving between the first position and the second position.

19. (New) A headrest for a vehicle, comprising:  
a support part;  
a pair of retaining rods having a plurality of recesses and movably coupled to the support part;  
a spring interacting with the retaining rods and movable between a release position disengaged from the recesses and a locking position engaged with at least one of the recesses on the retaining rods; and  
a sliding element movable in a lateral direction relative to the support part to cause the spring to move from the locking position to the release position to permit movement of the retaining rods relative to the support part.

20. (New) The headrest of claim 19, wherein the spring moves in a direction that is different from the direction of movement of the sliding element.

21. (New) The headrest of claim 19, wherein the support part comprises a bearing point configured to prevent movement of a central region of the spring during the movement of the sliding element between the first position and the second position.